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ISN'T IT LAVA-LY?

AFTER 50 GROOVY YEARS, THE LAVA LAMP STILL, LIKE, TOTALLY BLOWS OUR MIND

PAGE 6

Frosh face forward

Campuses spring to life as swarms of new students flock into London for the coming school year PAGE 2

Live free or decry

A growing number of 'sovereign citizens' seek to 'free' themselves from the fetters of law and government PAGE 4

This Knight's all right with fighting

And not just on Saturday. London rookie Mitchell Marner gets 'fired up' by board battles PAGE 17

NEWS WORTH SHARING.

Call it London's summer of glove

Ming Xu hopes to be named a world record-holder after squeezing 135 disposable gloves onto one hand. MIKE DONACHIE/METRO

Gunning for Guinness. Western student wants to hand a new accolade to the Forest City

MIKE DONACHIE
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Did you do anything worthwhile with your summer?

Ming Xu, 17, who starts studying psychology at Western University on Tuesday, set out to achieve something big. She spent her time trying to get herself and London into the record books by wearing 135 gloves on the same hand.

And it's all about her love for her city. "I wanted to break a world record, not just for myself but also for the city of London," Xu said. "I noticed that, even though people claim London has won a record for the oldest baseball diamond, it hasn't officially gone into the Guinness world records book. I wanted to do something cool for myself and London."

So, after weeks of planning, the former London Central Secondary School student thought she'd found the perfect record: Wearing gloves.

In 2011, Alastair Galpin of New Zealand set the pace with just 44 gloves, and several practice sessions taught Xu she could definitely beat 100. She was also careful to choose thin disposable poly gloves, picked up at the dollar store, and has tiny hands as an advantage.

"I only stopped because my video camera ran out of space at 55 minutes," she said. "I could have done more."

Handing it over

- Ming Xu is claiming a record set at One London Place on Wednesday, with lawyers as witnesses. She doesn't want to name the firm due to Guinness's rule against promoting companies.
- She took photographs and video and is sending them off to Guinness World Records. She already had their approval to make the attempt.

THE NUMBERS SPEAK FOR THEMSELVES.

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NEWS

Western welcomes thousands of students ... and their luggage

Dorms open. Campus buzzing with activity as small army moves in

SCOTT TAYLOR
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They arrived in minivans and SUVs and in pickup trucks and cars packed from floor to roof.

Countless students — many with parents in tow — slogged across Western University's campus over the weekend, hauling suitcases, duffel bags and boxes as they left home for the first time in their lives.

More than 6,000 freshmen make up Western's class of 2017, and they've descended on London in full force.

A stream of vehicles flowing onto campus on Monday mimicked the assembly line from which they came.

One would enter the campus, a parent would talk to a volunteer at the gate, get directions, move up a hundred yards, pull over, empty everything onto the curb, hug their child and clear the way for the next car in line.

One volunteer would take the spanking new freshman inside for processing, while others were beasts of burden carrying what they could to the appropriate residence.

Lucas Sgro arrived from Toronto hoping to do well enough to be accepted into the Ivey School of Business.

The 18-year-old was left alone by a small group of young men who chanted "Frosh" at some others who crossed their path.

Jason Lau, 17, seemed somewhat bewildered by the beehive of activity around him, but mom and dad were each pulling luggage and appeared as though they weren't going to let him go until the last moment.

Also from Toronto, he's heading into health sciences.

The university estimated that about 5,000 students moved into residences on Sunday and Monday.

They don't come fresher than this: Jason Lau, a 17-year-old freshman from Toronto, hauls luggage across Western University's campus as he searches for his residence hall on Monday afternoon. SCOTT TAYLOR/METRO

Sean Kingston

Western cancels concert after gang-rape allegations

In an era of zero tolerance toward sexual assault, the University Students' Council and Western University felt they had no choice but to cancel a planned Orientation Week concert featuring Sean Kingston.

The 23-year-old musician, best known for his song Beautiful Girls, is facing a civil lawsuit filed by a 22-year-old woman who accused him and his former bodyguards of gang rape in 2010.

O-Week organizers are looking into alternative entertainment for Sept. 7, officials told Metro.

According to TMZ.com, Kingston has reached a settlement agreement with the woman who filed the lawsuit to avoid a trial. As of Monday, however, the matter was still before the courts.

USC president Pat Whelan said that throughout O-Week programming, Western has a heavy focus on student safety, including messages about sexual assault.

"Having Mr. Kingston perform could cloud the values surrounding O-Week," he said.

SCOTT TAYLOR/METRO

From beds to bread: What it takes to keep 'cities' going

It's a tale of two cities ... inside a city.

Combined, Western University and Fanshawe College have more than 45,000 students — a population greater than St. Thomas and in line with that of Timmins.

It's also somewhere near the number of people killed each year due to smoking, according to the Canadian Lung Association, and the number of Canadians who died in the Second World War.

As with most cities, there's a vast infrastructure in place that makes Western and Fanshawe tick.

Sewage, roadways, public transportation, restaurants, stores and medical facilities help students eat, drink, cook, build and socialize together every day.

Here's a quick look at what it takes to keep the small cities going:

At Fanshawe:

- 1,620 beds in residence
- 100-acre campus, one of the largest college campuses in Canada
- 7,000 first-year students
- 200-plus clubs, teams and events

At Western:

- 5,000-plus beds in residence
- 1,300-acre campus
- 16 kilometres of roadway and 15 kilometres of sidewalks
- 7,000 parking spaces

I'm hungry at Fanshawe!

- There are 14 places to get food
- The Subway restaurant goes through 130,000 loaves of bread a year
- There's also a 150-seat deli
- Culinary students take part in 20 competitions a year
- The culinary classes use 1,254 pounds of chocolate and 52,206 eggs a year

I'm hungry at Western!

- 100 places to eat on campus
- 22 coffee shops
- 3 pubs
- 1 fine-dining restaurant

SCOTT TAYLOR/METRO

A place to store all their treasures. Palace Theatre banks a new asset

There are hidden treasures at the Palace Theatre, and now there's a new way to keep them safe.

The London Community Players, which owns and operates the Dundas Street venue, has struck a deal to lease the former Huron and Erie Mortgage Corporation building nearby, and it's brought an unexpected dividend.

It has a bank vault.

"We have costume archives going right back to the '20s, '30s and '40s," said Faith Coates, the theatre's general manager.

"This building actually comes with a bank vault in the basement so it will give us a safe place to store all our treasure."

Currently, a lack of room means all the old costumes aren't accessible, and the new building will change that.

It will also bring a better chance to hire them out to other groups, Coates said.

The new space will also be used for rehearsals, and the theatre plans to do more community outreach by running children's programs there. MIKE DONACHIE/METRO

Calendar

Upcoming events at the Palace:

- Metamorphoses, Sept. 19 to 28.
- Woman In Black, Oct. 24 to Nov. 2
- A Christmas Carol, Dec. 12 to 21.

Alleged assault. Officers injured as arrest turns violent near Lovett Street

London police officers were injured after an arrest turned violent on Sunday in the area of Lovett Street.

At about 6:30 p.m., officers say they were approached by Cory Chrisjohn, a 23-year-old man they allege was intoxicated and on conditions not to consume alcohol.

As Chrisjohn was being arrested, police say he swung his fists at them. Associates of Chrisjohn then became involved in the fracas and allegedly assaulted the officers in an attempt to obstruct the arrest, police said.

More officers intervened and they arrested everyone involved.

Chrisjohn is charged with breach of recognizance, resisting arrest and assaulting a police officer.

Samantha Elijah, 42, faces obstruction and resisting-arrest charges. Two people younger than 18 years were involved as well.

The injuries of the officers were minor. SCOTT TAYLOR/METRO

Above a nightclub

Man rescued from King Street blaze

A man was rescued Friday from a burning second-floor apartment above Rehab Nightclub at 183 King St.

Lori Ireland, who lives on King Street, described a scene of panic when the blaze was discovered.

"Girls were running up and down screaming and banging on doors," she said. "I'm just glad everybody got out OK."

The man who was rescued was given oxygen, fire Chief Doug Shannon said. The fire is believed to have started on a mattress in one of the apartments. METRO

Busted

Drugs, guns seized

London police seized a firearm, ammunition and more than $670,000 worth of drugs during searches of residences on Sportsfield Court and Baseline Road East.

The searches, handled by the department's guns and drugs sections, turned up 398 marijuana plants, 27,457 marijuana buds and a Ruger .223-calibre assault rifle with ammunition.

Davin Alexander, 31, Mickel Alexander, 29, Keegan Alexander, 23 and Cicily Alexander, 62, all of London, have been charged. METRO

Katie Wilhelm, left, artistic director Ryan Mahy and Renee Watson, Stephen Watson's wife, at the launch of the memorial mural. MIKE DONACHIE/METRO

City's largest mural complete ... almost

Not over. Work and fundraising to continue on Stephen Watson memorial

MIKE DONACHIE
mike.donachie@metronews.ca

It's London's biggest mural.

It's taken more than 20 artists working in 11-hour shifts for nearly a month to apply 10,000 square feet of paint, and it's finally done. Except it isn't.

The Stephen Watson Memorial Mural was unveiled on Friday to launch Artfusion Fest 3 — a massive three-day block party centred on the mural. Only the painting didn't stop there.

Artists were still hard at work throughout the weekend and continuing into Monday, putting some finishing touches on the masterpiece at 197-199 Dundas St.

The big mural is accompanied by smaller ones — creating a vibrant canvas that weaves through multiple nooks and crannies around the centrepiece.

"There's another mural being done on the side of the building here and, in the alley on the other side of here, there will be a graffiti piece worked on by artists from across Canada," Artfusion's Katie Wilhelm said.

She said the project is entirely community-funded through donations and sponsorship, and the project wants people to keep helping.

The weekend's events were run as fundraisers for the project, including a set by underground DJ Scratch Bastid on Saturday night.

At a glance

- London artist Stephen Watson, known for his work depicting marine life and the plight of the oceans, died of cancer in August 2012.
- The downtown mural is a recreation of Watson's last work, Octopus' Garden 2.
- Check swmm.ca for details or to donate.

Video pleads for Greyson's release

John Greyson
THE CANADIAN PRESS

A video tribute to imprisoned film professor John Greyson has been created by his students.

"This video is a plea from us, John's students, sharing some of the many things John has taught us over the years," those behind the effort said in a statement.

"John Greyson is an irreplaceable and inspirational teacher, mentor, friend, and ally in our communities, and we need him back."

Greyson, originally from London and now a film professor at York University, was jailed on Aug. 16 in Cairo along with London doctor Tarek Loubani. The men's lawyers met on Friday with a Cairo prosecutor and Canadian embassy staff.

The prosecutor wants more information before deciding whether to let the pair go, and that could take several days, a friend of both men has said.

Greyson and Loubani were passing through Egypt on their way to Gaza. There, Greyson was planning to make a film, and Loubani was planning to teach emergency-room medicine as part of an initiative through Western University.

Friends say they were asking for directions at a Cairo police station when they were arrested. The students' video is posted at metronews.ca. MIKE DONACHIE/METRO

Kaboom. Meteor strike in Quebec altered the fate of the Earth, paper argues

Somewhere under the bedrock of southern Quebec lie the ancient, undiscovered traces of an enormous meteor strike so catastrophic that it helped set the course of human history.

At least, that's what Dartmouth University geochemist Mukul Sharma argues in a new paper, which could explain a baffling episode in our history.

Sharma has long been fascinated by a period about 13,000 years ago called the Younger Dryas, when the Earth suddenly reversed a warming trend and cooled radically for more than a millennium.

North American ice-age mammals from camels and ground sloths to sabre-tooth tigers became extinct. Humans had to learn to survive on roots, berries and small game — and maybe even shift to agriculture.

Some scientists hypothesize it was related to the collapse of a giant ice dam formed by receding glaciers, which released a huge flood of cold freshwater that disrupted ocean currents and reversed climate trends. Others suggest something else must have been at work as well.

Sharma and his colleagues examined marble-like rocks found in Pennsylvania and New Jersey that date right from the start of the Dryas period. These "spherules" contained minerals that could only have been produced via extraordinary heat.

What's more, Sharma found the spherules weren't local — they closely matched those from areas in southern Quebec.

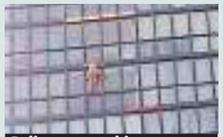
Sharma believes he has discovered evidence of a meteor strike so powerful it could punch through more than a kilometre of ice and still retain enough energy to generate temperatures upwards of 1,700 C and hurl rubble over a good chunk of the continent.

THE CANADIAN PRESS

North American ice-age mammals, such as the sabre-tooth tiger, became extinct in the Younger Dryas period. PETER MACDIARMID/GETTY IMAGES FILE

High and high up?

Ledge climber was on drugs, cops say



Police suspect this man was on meth. RORY MOY/FOR METRO

A man was taken to hospital after he climbed out onto the window ledge of a 23rd-storey Toronto apartment — in only his underwear — on Sunday in what police suspect was a drug-induced haze.

"The drugs were making him think something was going on," Staff Sgt. Dan Crosby said. "Either the apartment was on fire, he was trying to escape, something of that nature."

TORSTAR NEWS SERVICE

Saguenay, Que.

Blood likely used to deface mosque

Police in Quebec's Saguenay region have been called in after a mosque was vandalized over the weekend — spattered with what could be pig blood.

Representatives of the area's small Muslim community say they believe it to be an isolated incident, and Saguenay Mayor Jean Tremblay agrees.

"All it takes is one or two stupid people for something like this to happen," he said.

A letter was also sent to the mosque and to the local Radio-Canada station spouting anti-Islamic rhetoric.

Local police said the incident will be investigated. THE CANADIAN PRESS

'Freeman' to some, an outlaw to others

'Sovereign citizen' movement. Authorities warn against those who flout government, laws

He introduces himself as "Brian Arthur of the Alexander family," and before he'll answer any questions, he asks a reporter to swear she is not a government employee.

He drives without a licence and does not pay income tax.

Brian Alexander is a self-proclaimed Freeman-on-the-Land and one of a growing number of Canadians who have "freed" themselves from what they see as an overbearing government.

"People can't afford to live, and they're basically destroying society," Alexander says at his home in Kamloops, B.C.

He speaks emotionally about the plight soldiers have faced upon their return from Afghanistan and with frustration about the degradation of the environment.

Alexander says violence has no place in the movement, but one official who has followed the rise of the movement in Canada says there have been a number of confrontations during traffic stops or legal proceedings.

"What we've seen over the last year is ... an increasing level of desperation," says Ron Usher, of the Society of B.C. Notaries.

Notaries have found themselves embroiled in the situation, as many Freemen demand to having their invented documents authorized.

"People just don't like the idea that someone isn't going to help them with their fantasy," Usher says.

The Law Society of B.C. and B.C. Notaries have both issued warnings about Freemen, which the law society said in a bulletin last year may number as many as 30,000 in Canada.

"Since one of the tenets of the Freeman-on-the-Land movement is an unrestricted right to possess and use firearms, they raise significant safety and security concerns," the bulletin says.

Law-enforcement agencies are developing awareness materials for frontline officers, and the movement is the subject of upcoming policing seminars. THE CANADIAN PRESS

Brian Alexander, of Kamloops, B.C., is a self-proclaimed Freeman-on-the-Land and one of a growing number of Canadians following the so-called "sovereign citizen" or "Natural Persons" movement. DARRYL DYCK/THE CANADIAN PRESS

Freemen in action

Dozens of sovereign citizens have found themselves facing tax evasion, contempt or criminal charges.

- **In the U.S.,** the FBI considers the movement a domestic terror threat, and a 2011 FBI report cites several cases in which followers have clashed with police.
- **In Canada,** most Freemen operate through the courts. The movement has found sympathizers among First Nations, in B.C. in particular.
- The "Sovereign Squamish Government" claims to distribute its own licence plates, and one Ontario Freeman is recruiting his own police force: The Canadian Common Corps of Peace Officers.

Men on bicycles stop to look at the remains of the main building at the St. Jacobs Market, Monday. Premier Kathleen Wynne took to Twitter to thank firefighters who battled the blaze and express her regrets at the loss. GEOFF ROBINS/THE CANADIAN PRESS

St. Jacobs Market. Blaze to cost vendors, locals dearly

Fire officials say a blaze that gutted a popular farmers' market north of Waterloo caused more than $1 million in damage.

Fire crews were called early Monday to a major blaze at the two-storey St. Jacobs Market, a 24,000-square-foot building that houses some 60 vendors.

Woolwich Township Deputy Fire Chief Dale Martin says there were no injuries and it was not immediately clear what caused the blaze.

He says the wood building, as well as fabrics sold by vendors, fuelled the blaze, which took three hours to put out.

THE CANADIAN PRESS/570 NEWS

Obama admin. must sell strategy to win backing on Syria: Republicans

U.S. Congress. Sen. John McCain says U.S. intervention will be tricky because Bashar Assad 'is moving his forces around'

Two Republican foreign-policy hawks say U.S. President Barack Obama must make a strong case for attacking Bashar Assad's Syria if he wants to win congressional backing for the operation.

Sen. John McCain told reporters at the White House that Obama's intervention now will be more difficult because Assad "is moving his forces around." Both McCain and Sen. Lindsey Graham questioned the wisdom of the administration publicly signalling in advance its intention to strike.

The Republican senators, who often speak with the same voice on foreign affairs, talked in the White House driveway on Monday after a private meeting with Obama.

McCain said he believes lawmakers awaiting a critical vote on Syria "must be assured that this is different from the past two years of neglect" on the part of the administration.

McCain has been a harsh critic of Obama for months on Syria. Earlier on Labour Day weekend, the Arizona lawmaker assailed Obama's announcement that he favoured action that would be "limited in duration and scope," saying in a statement with Graham that such a strategy would "send the wrong signal."

On Saturday, Obama stunned the world when he opted against immediate action in Syria despite the administration's insistence that Assad had gassed his own people, killing almost 1,500 citizens in a Damascus suburb on Aug. 21.

THE ASSOCIATED PRESS

Members of pro-Kremlin parties picket against possible U.S. military action against Syria near the U.S. Consulate in St. Petersburg, Russia, on Monday. The banner reads "Hands off Syria." DMITRY LOVETSKY/THE ASSOCIATED PRESS

'Balanced stance'

U.S., Russia to meet on Syria?

President Vladimir Putin proposed on Monday to send a delegation of Russian lawmakers to the United States to discuss the situation in Syria with members of Congress.

Two senior Russian legislators suggested that to Putin, saying polls have shown little support among Americans for armed intervention in Syria to punish its regime for an alleged chemical weapons attack.

The lawmakers said maybe U.S. legislators can be persuaded to take a "balanced stance" on the issue.

THE ASSOCIATED PRESS

Egypt

Dissolve Muslim Brotherhood, Egyptian judges recommend

A panel of Egyptian judges recommended Monday the dissolution of the Muslim Brotherhood, adding momentum to a push by authorities to ban the ousted president's main backer and a pillar of political Islam in the region.

Since the military deposed Mohammed Morsi in a July 3 coup, it has steadily intensified a crackdown on the Brotherhood, Egypt's largest political organization. Hundreds of its members are in detention and facing prosecution, many on charges of inciting violence.

Morsi himself has been held in an undisclosed location since his ouster. On Sunday, state prosecutors charged him with inciting the murder of his opponents. A date has yet to be set for the trial, in which 14 leading Brotherhood members are also charged.

The recommendation is nonbinding for the court, which holds its next hearing on Nov. 12.

THE ASSOCIATED PRESS

Sweden. Obama to face NSA surveillance protests

Internet freedom activists plan to protest U.S. online spying when Barack Obama visits Stockholm this week, but the Swedish officials say they won't raise the sensitive issue with the U.S. president.

Foreign Minister Carl Bildt told The Associated Press on Monday that government surveillance of the Internet is "going on worldwide" and is not something on the agenda during Obama's visit Wednesday and Thursday. "We are not entirely innocent ourselves," Bildt said. "We conduct both intelligence and security operations on the Net. But they are regulated by law. And we have stringent safeguards and surveillance of them."

He also noted that the European Union already is in discussions about "data privacy" issues with the United States.

The Swedish government sees itself as a champion of Internet freedom but critics have accused it of double standards for not speaking out against U.S. surveillance programs exposed by National Security Agency leaker Edward Snowden.

"It is astonishing and awful that they don't want to raise this issue," said Anna Troberg, a spokeswoman for Sweden's small Pirate Party, which advocates online freedom without government interference.

THE ASSOCIATED PRESS

Sweden's Foreign Minister, Carl Bildt, pictured here in June, told The Associated Press on Monday that Internet surveillance activities are happening worldwide and that "we are not entirely innocent ourselves." THE ASSOCIATED PRESS FILE

Groovy baby! The lava lamp, a '60s psychedelic icon, turns 50 years old

Call them '60s relics or hippy home accessories, lava lamps have been casting their dim but groovy light on interiors for half a century, having hit British shelves 50 years ago on Tuesday.

A British company began marketing their original creation as an "exotic conversation piece" in 1963. Since then, millions of models of the much-copied invention have been sold worldwide.

The design was created by British inventor Edward Craven-Walker, who was inspired by an odd-looking liquid-filled egg timer he saw in a pub in southwest Britain.

The former World War II pilot then spent years transforming the concept into a home lighting accessory, having recognized the potential for such an invention during anything-goes '60s Britain.

The lava lamp, an iconic piece of British design and social trends, is celebrating its 50th birthday. LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

"Everything was getting a little bit psychedelic," said Christine Baehr, the second of Craven-Walker's four wives.

THE ASSOCIATED PRESS

Hit-and-run case. Thai prosecutors seek arrest warrant for Red Bull heir

Thai authorities are seeking an arrest warrant for an heir to the Red Bull energy drink fortune after he failed to appear for his indictment in the hit-and-run death of a policeman, a prosecutor said Monday.

A lawyer for Vorayuth Yoovidhya said the 30-year-old heir was on a business trip in Singapore and was unable to return to Thailand for the indictment because he fell ill.

His absence means a speeding charge will be dropped because the statute of limitations expires Tuesday. He still faces charges of causing death by reckless driving and not stopping to help, which carry a maximum sentence of 10 years.

Quoted

"(He) has no intention or cause to flee, but he really can't be here today because he became suddenly ill."

Defence lawyer Thanit Buakeaw

Prosecutor Ruecha Krairiksh said Vorayuth showed an intention to flee by not appearing for the indictment.

THE ASSOCIATED PRESS

'At odds' with others

Harper's advisers dismiss warning to hike interest rates

The prime minister's advisers have dismissed a warning by a respected think tank that ultra-low interest rates need to start rising now to avoid damage to the Canadian economy.

In a paper for the C.D. Howe Institute, economist Paul Masson argued in May that the Bank of Canada should nudge rates higher to forestall real-estate bubbles, excessive household debt, pension-fund woes and other dangers.

But a May 31 briefing note requested by Stephen Harper's office on the controversial paper notes that Masson's arguments are "at odds" with the views of most economists.

And it says the central bank cannot act as if Canada is an island while the United States, Europe, Japan and England continue to hold rates down to help prime their anaemic economies.

THE CANADIAN PRESS

Activists protest Japanese dolphin hunt

Protesters place paper dolphins on sticks as they perform rituals outside the Japanese Embassy in Pasay, south of Manila, Philippines, Monday. The activists were part of an international day of protest against dolphin slaughter in Japan. AARON FAVILA/THE ASSOCIATED PRESS

Verizon no longer interested in Canada

Still concerned. A Telus executive is breathing a sigh of relief at the news, but remains on the offensive

The executive vice-president of Telus says the announcement that Verizon Communications Inc. is no longer interested in entering the Canadian market is good news.

But Josh Blair said Monday that Telus remains concerned about government policy on the spectrum available to Canadian wireless carriers.

Rules remain 'wide open'

"Just because Verizon isn't coming doesn't mean another large foreign company ... might not want to come to Canada and take advantage of rules that, literally, would gift them a path to half of the 700 megahertz spectrum."

Josh Blair, executive vice-president of Telus

"This has never been about Verizon coming into Canada, or not, it's always been about fair access to spectrum," Blair said.

"Spectrum is the lifeblood of our industry, and without fair access to it, that's going to potentially, permanently disadvantage Canadian companies," he said.

Verizon spokesman Bob Varettoni said Monday that CEO Lowell McAdam announced that Verizon was no longer interested in Canada after the company agreed to pay US$130 billion for the 45 per cent stake in Verizon Wireless owned by British cellphone carrier Vodafone.

McAdam said Verizon doesn't have an interest in going to Canada, adding "at this point in time we're not interested in entering the Canadian wireless market," Varettoni said.

The prospect of Verizon entering the Canadian market had caused a stir among Canadian wireless carriers.

THE CANADIAN PRESS

Bottles of mead are displayed at Artesano in Groton, Vt. TOBY TALBOT/THE ASSOCIATED PRESS

'Nectar of the gods' rises again

Once called the nectar of the gods, the oldest fermented beverage is seeing a renaissance.

Beekeepers and vintners are rediscovering mead, an alcoholic drink made of fermented honey and water. These days, fruits, spices and even carbonation are being added for distinct flavours that aren't a far cry from the beverage favoured during the Middle Ages.

American Mead Makers Association President Chris Webber estimates there are 200 to 250 commercial mead makers in the U.S., up from just 100 five years ago.

Some are beekeepers-turned-mead makers looking to find other ways to sell their honey. Others are craft beer brewers-turned-mead makers with some now dabbling in beekeeping to produce their own honey.

A Vermont meadery called Artesano opened in 2008 and says it sells out of 20,000 bottles a year.

THE ASSOCIATED PRESS

HOW DARE YOU BE SO SELFIES?

SHE SAYS

Jessica Napier
metronews.ca

All right, I don't want to be another one of those people complaining about "kids these days" but teenagers of the Internet, you've gone too far (virtual fist-shaking implied).

If you need yet another example of how social media is eroding our sense of human decency, then take a look at Selfies at Serious Places.

This delightful (read: horrifying) new Tumblr showcases a variety of photos of young adults posing for their smartphones in highly inappropriate settings. From car crashes to the gas chamber at Auschwitz, it seems there is no locale too solemn or morbid for teens looking to share a cringe-worthy self-portrait.

What is wrong with you? Are you documenting your inane facial expressions at important sites to try and prove to your friends and followers how thoughtful and cultured you are? Because if that's the case, you're doing it wrong.

If you are in fact looking to exhibit your obnoxious privilege and complete lack of respect, then congratulations, job well done.

I will admit that most travel photography has a boastful "I was here" sort of element to it, but that doesn't mean you should literally photograph yourself holding up a peace sign next to John Lennon's grave.

Perhaps if you pry the phone out of your hands for a few moments and take a look around, you'll learn a few things and come to realize that war memorials, religious statues and heritage sites do not exist as funny props for you to pose against. Do you even know the definition of genocide?

Oh sure there are some places that are relatively suitable for a narcissistic photo-shoot.

When you find yourself riding alone in a well-lit elevator it would be forgivable for you to take a quick pic for your plethora of social networks; pretty vain, but forgivable.

However, there are many, many circumstances in which snapping a selfie is seriously offensive.

For future reference, here is an incomplete list of places you should resist the urge to take a photo of yourself: funerals, prisons, crypts and cemeteries (that includes celebrities' grave sites because their dead bodies are still DEAD BODIES), in a car or any sort of vehicle that you are in the process of driving, historic places commemorating catastrophic events or mass murders, sad hospital visits, crime scenes and pretty much anywhere you might find large groups of people openly weeping.

If you want to record a particularly stylish OOTD or "duck face" for the camera to show off your new lip-gloss, then that's your prerogative.

But if you're out in public, please try to have a little consideration for your surroundings and the context of your actions. And no, captioning your selfie with #respect doesn't make it OK.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Opposable thumbs? Pshaw

STEVE JONES/PHOTOSHOT/SOLENT NEWS

House proud on the sea bed

This coconut octopus was captured off the Indonesian coast, and it has revealed surprising domestic skills. Researchers discovered the animal uses coconuts to build shelters, the first known case of an octopus using tools.

They also transport them long distance by stacking the shells and walking on tentacles.

"I almost drowned laughing when I saw this the first time," said Dr. Julian Finn, a researcher from Australia's Museum Victoria. "I could tell it was going to do something, but I didn't expect it would pick up the shell and run away with it." METRO

Undersea IQ

Which sea creature is the smartest?

- **Squid.** The octopus' cousin can learn new skills and gets bored easily.
- **Sea lions.** These sea detectives show impressive logic.
- **Whales.** Are masters of language and communication.
- **Dolphins.** Are among the mammals with the largest brain-to-body ratios.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

If the picnic blanket and cooler have gotten more action this summer than your running kicks and gym shorts, fall can be an ideal time to get your sunburned, booze-soaked bum back on track. But if the cooler days and back-to-school ads promoting new beginnings aren't enough to keep you motivated, these apps are here to help:

GymPact:

Miss a workout, pay up. Hit your targets, earn cash. GymPact helps you stay on track by giving cash incentive to those who hit their targets, while those who miss a day have to pay — literally.

Charity Miles:

Would you be more likely to get moving if you knew your miles were going to a good cause? Charity Miles lets you donate each click/calorie to a charity of your choice.

Comments

RE: Is There Any Point to an Arts Degree?

"Is there any point to an arts degree?"Not in any large numbers/volume. There just are not the jobs out there. If you want to be in debt for a long time and serve coffee for a living, go for it. Otherwise, learn a specific profession or trade. Don't overlook the value of becoming a tradesperson (although, I have to admit the apprenticeship programs out there are too restrictive).
CCToronto, posted to metronews.ca

I don't always talk to someone with a BA, but when I do, I tell them I want fries with my burger.
Guesswhosback, posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

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SCENE 2

DVD reviews

Now You See Me

Director. Louis Leterrier

Stars. Jesse Eisenberg, Common, Mark Ruffalo

●●○○○

Only one movie magic trick really matters in the era of computer-generated imagery: convincing us that what we see on screen could actually happen. Why should we doubt our eyes, when CGI can make anything appear before them? Such is the dilemma of this star-studded bit of hokum Louis Leterrier (Clash of the Titans) that adds up to much less than the sum of its parts. The more you see of the movie and the more elaborate the tricks get, the less you are inclined to believe that humans rather than machines are in charge. The human factor is also diminished in the acting, despite a cast that boasts some of the most empathetic players going: Morgan Freeman, Michael Caine, Woody Harrelson, Jesse Eisenberg and Mark Ruffalo. All do tiresome variations of the smarmy know-it-all, while the two main female actors, Isla Fisher and Mélanie Laurent, are reduced to minor roles.

PETER HOWELL

Give 'em more Vin

Riddick. If his success with the Fast and Furious franchise is any indication, Vin Diesel knows just what the fans want in a movie

NED EHRBAR
Metro World News in Hollywood

With Riddick, Vin Diesel is looking to repeat the success he had reviving his Fast and Furious franchise — he'll start shooting the seventh instalment right after Riddick is released — and continues to prove he knows what he's doing in giving audiences what they want.

And if he's right a second time, it just might open the doors for his long-awaited Hannibal film.

And maybe he'll even squeeze in a Marvel flick somewhere. The actor's been hinting about a Marvel collaboration and even put up a comic-themed photo on his Facebook page.

After the successful revival of the Fast franchise, if this one takes off as well will it feel like a complete vindication for you? Like an, "I told you so" to the industry?
Totally, totally. We're keeping our fingers crossed, but totally. And it will do what it intended to do, which is to reopen that universe. That's the real intention. That's why we were able to go independent, that's why we didn't spend $200 million like every other Hollywood production. How anxious and how committed the studio will be to actually do the next one will depend on how it performs.

Riddick opens Friday. CONTRIBUTED

How much fun have you been having teasing people about your Marvel news?
Have I been teasing? If the world wants to focus on a (Facebook) cover photo change that happens on a Sunday afternoon for less than an hour while D23 is pumping out all the publicity in the world, that's fun, I guess. I don't know if it was so deliberate or if it was just kind of trying to let the social media base in as much as possible without totally disregarding the Marvel policy.

What about your long-planned Hannibal project?
You know, yesterday I was lucky enough to be the recipient of the 2,504th star on the Hollywood Walk of Fame, and even the night before getting the star, I was thinking, "Am I really ready for this star? I haven't done (Hannibal) yet. Why are they giving me this? Don't they have to wait until that trilogy comes out? This makes no sense." But all of these victories for Universal Studios gets me one step closer to traversing the Alps.

You've been holding out for this for so long.
It's embarrassing how long. You know, I've been talking about it so long that even five years ago I would have a little anxiety about doing press because I knew everyone was going to say to me, "Where is this Hannibal you've been promising? Come on, this is bulls—!" "But I'm doing Fast…" "I don't want to hear it!"

What about Bob?

Filthy Gorgeous. Documentary looks at the sometimes contradictory life of Penthouse founder Bob Guccione

With a mass of gold chains as thick as a plate of spaghetti on his hairy chest, a deep bedroom voice, leather pants and title as publisher of the pornographic magazine Penthouse, the late Bob Guccione seemed a one-dimensional character to many.

But beneath the tanned, lady-killer facade was a solitary intellect and artist who had a deep interest in science, according to the new documentary Filthy Gorgeous: The Extraordinary World of Bob Guccione.

"Unlike the brands of (Hugh) Hefner, and Larry Flynt for that matter, Guccione was the polar opposite," says Barry Avrich, director of the doc that premieres Sept. 9 at the Toronto International Film Festival.

"Guccione wasn't interested in being a brand. He was interested in building brands, but not brands themselves. He was reclusive, he didn't go to parties.

"He didn't feel that he had to have a girl or two girls on either arm to perpetuate the brand."

Early in his life, Guccione's career goals were also the polar opposite of those he eventually achieved.

As the film shows, the Brooklyn-born mogul studied to be a priest as a teen. He then tried to make it as an artist around Europe.

It was while in London with his second wife that he began a mail-order business selling pinup posters and set out to create an equivalent of Playboy for a British audience — a mag with high editorial standards that captured "real women" and their sensuality.

Despite the controversy his idea created across the pond, the first issue of Penthouse in '65 was a hit and led to an empire of many magazines, including the science-based Omni and music-focused Spin. He also made major investments in lofty ventures, from nuclear reactors to casinos and the infamous '79 historical pornographic film Caligula starring Malcolm McDowell, Helen Mirren, and Peter O'Toole.

But in the late '90s and early 2000s, the magazine's circulation dwindled due to competition from Internet porn sites, and Guccione's company was forced into bankruptcy. In 2010, after battling throat cancer, he died in Texas at age 79.

THE CANADIAN PRESS

Bob Guccione may have peddled smut, but he possessed a solitary intellect. THE CANADIAN PRESS

Long-time friends Holmes and Foxx getting closer?

Katie Holmes and Jamie Foxx turned heads this weekend in the Hamptons, dancing close and looking quite chummy with each other at a benefit bash, according to the New York Post. Holmes, who repeatedly grabbed Foxx's arm, was overheard telling friends, "I haven't had such a good time in so long." The two have been friends for years, but sources say they've become much closer in recent weeks. And blog Diary of a Hollywood Street King even goes so far as to claim that Holmes and Foxx have been seeing each other for "a few months."

Katie Holmes ALL PHOTOS GETTY IMAGES

Bynes' Twitter account 'hacked' while in care

It turns out that mysterious "I love Drake" message on Amanda Bynes' Twitter — her first post since being put under forced psychiatric care earlier this summer — wasn't actually from her. "Amanda's Twitter account has been hacked. She is at the UCLA Medical Center with no access to phones or computers," her attorney, Tamar Arminak, tells Radar Online. She is expected to remain in treatment for the foreseeable future.

Amanda Bynes

Katy Perry and John Mayer

'Gutted' Mayer pops the question but doesn't like patient Perry's answer

John Mayer is reportedly so serious about his rekindled romance with Katy Perry that he's already popped the question — but he didn't get the answer he wanted, according to Grazia magazine. "John won't run from Katy again. He knows his bad-boy reputation and what happened with Russell (Brand) hurt Katy, and he'll do whatever it takes to show he's the one she should marry," a source says. But Perry apparently "doesn't feel ready" to be married again. "John's proposal really unnerved Katy," the source says. "Even though they have discussed it, she thought it was too soon. John was gutted."

Twitter

@Janefonda
Joined the improv troupe at Upright Citizens Brigade last night. Improv way harder to do than I expected. Fun though

@lenadunham
Feel like there are tons of girls in a pit of ice cream & despair going "Lance Bass got engaged before me!?"

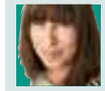
@SteveCarell
"Give a Stranger a Smile Day" results: 23% confused, 34% agitated, 43% annoyed.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Two divorces and demons — business as usual in Hollywood



STARGAZING
Malene Arpe
scene@metronews.ca

Michael Douglas and Catherine Zeta-Jones separate after 13 years of marriage. They cite an inability to be in the same room without passing out from loathing and an urge to yell incoherently the next time the other person makes a chewing sound.

Despite rumours that Dr. Luke would join American Idol as a judge for the next season, it doesn't look like it will happen. Dr. Dre and Dr. Phil feel vindicated, because they were assured that if American Idol wanted to go with a fake doctor, it would be someone people had heard of.

A preacher named Gordon Klingenschmitt says he believes Madonna is possessed by demons. "Madonna? Are you serious right now?" says Miley Cyrus. "What. Do. I. Have. To. Do?"

Star Trek actor Zachary Quinto tells fan fiction writers that he's convinced that Kirk and Spock are "only good friends." OK. Right. Sure. Next you're going to tell us that Harry Potter and Draco Malfoy didn't elope.

"Twerk" and "selfie" will be added to the Oxford Dictionaries. And yet, despite my many letters on the subject, they keep rejecting "fnjort" and "smomfy."

Vincent Cassel and Monica Bellucci separate after 14 years of marriage. They cite irreconcilable differences and "just too much hotness for one house."

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Half Off: Metro editor loses it

Training. Winnipeg's own Elisha Dacey challenges herself to lose weight

YLVA VAN BUUREN
life@metronews.ca

Meet 35-year-old Elisha Dacey, Metro Winnipeg's managing editor. Besides heading up an always-unpredictable newsroom, Dacey has a busy home life with her husband and five-year-old daughter, Annabelle. It's no surprise that there never seems to be enough hours in the day, and taking care of herself falls to the bottom of the bucket.

About a year ago, Dacey stopped long enough to realize that at 295 pounds, she had put on way too much weight and her health was in jeopardy. She decided she needed to lose half her weight, and to do so publicly, chronicling the process in a blog called Half Off.

To start, Dacey followed Weight Watchers' points system to keep track of her eating. It worked for a while but when she reached 260 pounds earlier this summer (still, a 35 pound loss!), she hit a plateau. Every time she lost a pound, she'd gain it right back.

Enter colleagues at Metro News who suggested on-going support from a personal fitness trainer and registered nutritionist. And that's where Dacey is today.

Over the next few months, we'll follow Dacey and the experts to see what weight loss tips and strategies work and to provide inspiration and ideas to anyone who wants to improve their health by losing weight.

"The pressure I feel to get this right is definitely several notches higher now," says Dacey. "But I'm up for it. I know I can do this."

Elisha Dacey with personal fitness trainer Jordan Cieciwa. METRO

Nutrition

Meet Theresa Albert, registered executive nutritionist, Metro columnist, media commentator, and author of Ace Your Health, a health book, cookbook and journal all in one.

"Elisha is a classic case of no time and messed up priorities. ... Her real challenge will be putting herself first and getting healthier systems in place that will work for her."

Albert also says it's important to stop thinking of food cravings as something you have no control over. "It is only a fully acknowledged belief of the problem and a systematic attack of the issues that will help beat biology."

Albert's goal is to help Dacey establish an eating system that makes choices healthy, easy and natural. She's going to Skype with Dacey every few weeks to discuss eating challenges and solutions. She's also asked Dacey to track her meals and hurdles, and to send in a weekly weigh-in report.

Fitness

Meet personal fitness trainer Jordan Cieciwa. Based in Winnipeg, he trains everyone from beginners to high level athletes. He also pens a blog called onefitcity.com.

"What attracted me to Elisha is I saw what she was trying to accomplish.

"After meeting with her, you can see where her love for her daughter, husband and job has come way before her own needs."

Cieciwa says regular exercise will help Dacey get back on track to reach her weight loss goal but "it's also about health, fitness and strength for everyday living — you don't want to huff and puff going up and down stairs or run out of energy at the end of the day. When those signs and symptoms start to show up, you are in the red zone." Cieciwa created a 30-minute home exercise program for Dacey, and in addition to one weekly training session together he asked her to do the program two more times a week on her own. The program is available in a downloadable version online, and there are accompanying videos that feature Cieciwa and Dacey showing you exactly how to do each exercise.

The trainer sees time and priority as Dacey's biggest issues. "Elisha has an unpredictable workday and without a set schedule, she will have to change her mindset. On workout days she has to consider her day not finished until she does her workout.

"Elisha also has to prioritize her health by taking a little time from other activities that keep her busy, such as emailing. Once she values herself, it will be easier."

A numbers game

"If it were up to me I would not be focusing on numbers. But I know people want to see the numbers. I know so many women who weigh themselves every day. I weigh myself once a week."
Elisha Dacey

Online

See Jordan Cieciwa take Elisha Dacey through nine basic exercises in our exclusive video stream, online at metronews.ca/halfoff.

Elisha Dacey:

Sharing her story

I'd been thinking about losing weight for a while, and I officially started about a year ago.

I wanted to follow the entire Weight Watchers' program but because I am so busy at work and home, I knew I couldn't get to weekly meetings. I needed to find support another way so I started the Half Off Blog (read the posts at metronews.ca/voices/half-off) — and it's great motivation. It helps me get my issues out and has created a community of followers.

I don't eat that badly, but I eat too much. I also stress eat.

I needed to add exercise to the equation too, but building exercise into your life can be hard. Plus, I didn't want to go to a gym.

I also needed everyone to understand that life gets in the way. Sometimes you're going to eat pepperoni pizza with your family, and sometimes there's no way you're going to want to do your circuit of weights.

ELISHA DACEY AS TOLD TO YLVA VAN BUUREN

Help from the experts

- "In addition to the exercise program, I've also asked Elisha to be more active in general. Instead of coming home, hitting the couch, and shutting down, I'm asking her to do something active. For now, that's probably just going for a walk — but that's something she can do with her husband and daughter."
– Jordan Cieciwa

- "Like any addiction, food addiction only ends when you get sick and tired of being sick and tired. All the planning and support in the world won't move weight until the person is really committed to losing it. Then, we need to make sure all the right foods are there to eat — and that's what we're going to do."
– Theresa Albert

Split Pea and Barley Soup: A hearty Rosh Hashanah starter

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

During Rosh Hashanah, the Jewish New Year, a hearty old-fashioned split pea soup is the perfect way to start your meal.

1. Combine the barley and the 2 cups (500 ml) of water in a large saucepan and bring to a boil. Reduce the heat and simmer, covered, for 25 minutes or until the barley is just tender. Drain any excess liquid. Set aside.

2. Lightly coat a large non-stick pot with cooking spray, add the oil and set over medium heat. Add the onion and sauté for 5 minutes or until just softened. Add the carrots and garlic, and cook for another 5 minutes or until the carrots are slightly softened.

3. Stir in the 4 cups (1 L) of stock and the potato, split peas, and salt and pepper. Bring to a boil, then reduce the heat to low and simmer, covered, for 35 minutes or until the split peas are tender.

4. Purée 2 cups (500 ml) of the soup in a blender or food processor. Return the puréed soup to the saucepan and stir in the barley. Heat through and serve.

You can make the soup up to 2 days in advance and just add more stock when reheating. ROSE REISMAN

Restrictions

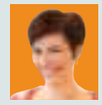
Not all Jewish dietary or traditional requirements may be met by these recipes.

Ingredients

- 1/4 cup pearl barley
- 2 cups water (or vegetable or chicken stock)
- 2 tsp vegetable oil
- 1 cup chopped onion
- 2/3 cup chopped carrots
- 2 tsp finely chopped garlic
- 4 cups vegetable (or chicken) stock
- 1 cup peeled and chopped potato
- 3/4 cup green split peas
- 1/4 tsp each salt and pepper

Health Solutions

Don't be sheepish



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Axel Meister of Wooldrift Farms in Grey County, Ont., emigrated from Germany in 1987 and was the first to create a commercial sheep milking operation in the province.

I know. Crazy, right? Sheeps' milk is a staple all over the world and with good reason. We Canadians have a lot of catching up to do.

Here's why:

- Milking sheep are grazed on grass and therefore have a much higher CLA (conjugated linoleic acid) amount. CLA is a good fat that is said to help keep weight gain at a minimum.
- Sheeps' milk has almost twice the calcium as cows' or goats' milk.
- Sheeps' milk has almost twice the protein of cows' or goats' milk.

The taste is a lot less gamey than goats' and not quite as sweet as cows' milk. People with dairy digestive issues tend to have an easier time getting the goodness of milk without the downsides of their intolerance when they seek out the sheep.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Challah bread gets twisted into speedy muffin spirals

Most people know challah — a Jewish egg bread — as a braided loaf. But truth is, it can take on a variety of shapes.

And at Rosh Hashana it often is formed into a spiral, which is meant to symbolize the circle and continuity of the Jewish new year.

1. In bowl of stand mixer, combine water, 4 whole eggs, 3 egg yolks, oil, honey, salt, baking powder, yeast and 4 1/2 cups of flour. Mix on low speed for 6 to 8 minutes, or until dough is smooth and elastic. Dough should be very soft and slightly sticky. If it feels too sticky, add the remaining flour 2 tablespoons at a time.

2. Cover bowl with plastic wrap and allow to rise in a warm place for 45 minutes.

3. Dump dough out onto counter and divide into 16 even pieces. Roll each piece into a 12-inch long snake.

4. Spray muffin tin with cooking spray. Spiral 1 dough snake into each muffin cup. Cover muffin tin loosely with plastic wrap and allow to rise again in a warm place for another 45 minutes, or until puffy.

5. After dough has risen for 30 minutes, heat the oven to 375 F.

6. To prepare egg wash, in a small bowl beat together the egg and water until frothy. Brush gently over the spirals, then bake for 20 to 25 minutes, or until cooked through and golden brown. Transfer to a rack to cool.

THE ASSOCIATED PRESS

This recipe serves 16. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2/3 cup warm water
- 4 whole eggs, room temp
- 3 egg yolks, room temp
- 1/2 cup canola oil
- 2 tbsp honey
- 2 tsp salt
- 2 tsp baking powder
- 2 tsp instant yeast
- 4 1/2 to 5 cups all-purpose flour

For the egg wash

- 1 egg
- 1 tbsp water

Baked Honey-Date Apples

1. Heat oven to 350 F. Mist a 9-by-9-inch baking pan with cooking spray.

2. Core apples using an apple corer, leaving apple otherwise whole. Scoop out a little bit of extra apple at centre to create cavity inside about the size of a walnut. Arrange apples standing upright in prepared pan.

3. In bowl, combine walnuts, dates, orange zest, honey and mint. Knead mixture with hands until well combined. Spoon some mix into cavity of each apple, packing it into centre. Bake for 45 minutes, or until apple is tender when pierced with the tip of a paring knife.

THE ASSOCIATED PRESS

Ingredients

- 6 baking apples, such as Fuji
- 1/2 cup walnuts, toasted and broken
- 3/4 cup chopped dates
- Zest of 1 orange
- 2 tbsp honey
- 1 tbsp chopped fresh mint

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How to sweep her off her feet: couple in Swiffer commercial share love advice

In love. We spoke to the Kaufmans, who live in Valley Stream, N.Y., about what's kept their bond of 44 years so strong

MEREDITH ENGEL
Metro World News

The Kaufmans, from the popular Swiffer commercial, are just as happy outside the ads. CONTRIBUTED/ SWIFFER

You've likely uttered a big "Awww" upon seeing Morty and Lee Kaufman sweep each other off their feet — and dust off the armoire — in that popular Swiffer commercial.

And good news for romantics: The couple is just as in love in real life as they are in the commercial.

How did you two meet?
Lee: I was a widow and so was he, as we found out after we met. His little boy was in my summer reading class and Morty came for a required parent conference, and that was really how the whole thing started. And after that we kind of left Scotty on his own and got interested in each other.
Morty: I walked in and I said to Lee, "Scotty can't read for beans, what are you gonna do about it?" She wasn't too intimidated but nevertheless I felt that I laid everything out straight for her. And later on I came in to have another conference with her, and I said, "I didn't come to speak about Scotty — would you care to go out with me?" And from then on it blossomed into a lovely romance. We've been married 44 years now. We got married on Valentine's Day 1969, and we've had a good marriage. Our children are wonderful to us, and we're wonderful to our children, and we're wonderful to each other.
Lee: And I must add that Scotty is an excellent reader. It all worked.

What drew you to each other?
Morty: You know, we both had been widowed in our early 40s, and there was a common bond between us in that we had similar situations. We got along fine. She's a lovely girl.
Lee: Wow. … It did work out well. We never really sat down and figured the points of what was good and what was bad — it really just went along, especially when our children began to get along.
Morty: I'll tell ya, I think an important factor was the fact that our previous marriages were both very satisfactory. We both came in with good concepts of marriage and then we were widowed in our very early 40s and we re-entered into marriage with a good attitude.

What are your secrets to wedded bliss after so many years?
Morty: You have to know that you love the person and you gotta know that that person loves you. And you have to be considerate of each other.
Lee: I'm listening very carefully to all this.

How do you resolve arguments?
Morty: You compromise or you give in. No difference of opinion is that important as to interfere with your love for each other. Each one of us gives in more than we'd like. But we give in.
Lee: We were each of us the youngest in our family, and my bigger brothers and sisters always told me where I could sit and what I could do, and if I threatened to complain to mom and pop they threatened me back, so that's what happens when you're the youngest: You learn to accommodate. And we found each other very accommodating. Really, that was a good contributing factor.
Morty: You gotta take care of each other.

How do you keep things fun over the years?
Lee: Well, we're quite sociable. We've been theatre-goers in Manhattan —
Morty: Opera-goers for 40 years.
Lee: Yes, that got to be our thing. Actually, Morty introduced me to the opera part of it, and fortunately I discovered that it was a nice thing so it was a good thing for us to share. There are friends who join us — we've been a group for a long time who does that sort of thing — and then the rest is just nice socializing that most people do with each other and with their friends.
Morty: We eat a lot.
Lee: Yes, we eat a lot (laughs).
Morty: We don't cook too much. After 90, you don't want to really exert yourself. You want things done for you in a nice, easy fashion.

Everyone wants to know: How do you keep the sparks flying after all these years?
Morty: Well, there is nothing racy. It's just warm appreciation of each other. Your bodily demands vary with different ages as you get older. As you get older, you can just appreciate squeezing each other's hand, hugging each other.
Lee: I just gave him a poke because I just want him not to divulge all the secrets of our successful life together.
Morty: Listen, there's nothing quite as good as a loving hug and a good warm kiss. That keeps you going.
Lee: Thank you, Morty.
Morty: You're welcome.

Butler tips

Back to school etiquette from Confucius

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

What should I teach my children about proper manners as they go back to school?
-Marian, Vancouver

This is a timely question. As kids head back to school, parents start to wonder, "What should I be telling them so they don't embarrass me?"

As I've mentioned in the past, there's no such thing as "last-minute etiquette."

This just never works no matter how hard you try, as you are just so stressed about teaching them the right thing quickly, you often fail. Remember, etiquette needs to be something that is both sincere and comes naturally to us. I think that the best lesson you could share with your children before they go off to school is this famous yet very simple quote we all know: "Do unto others what you want done unto you."
– Confucius

Bye kids! Don't embarrass me today! ISTOCK IMAGES

Insurance — a back-to-school essential

YOUR MONEY
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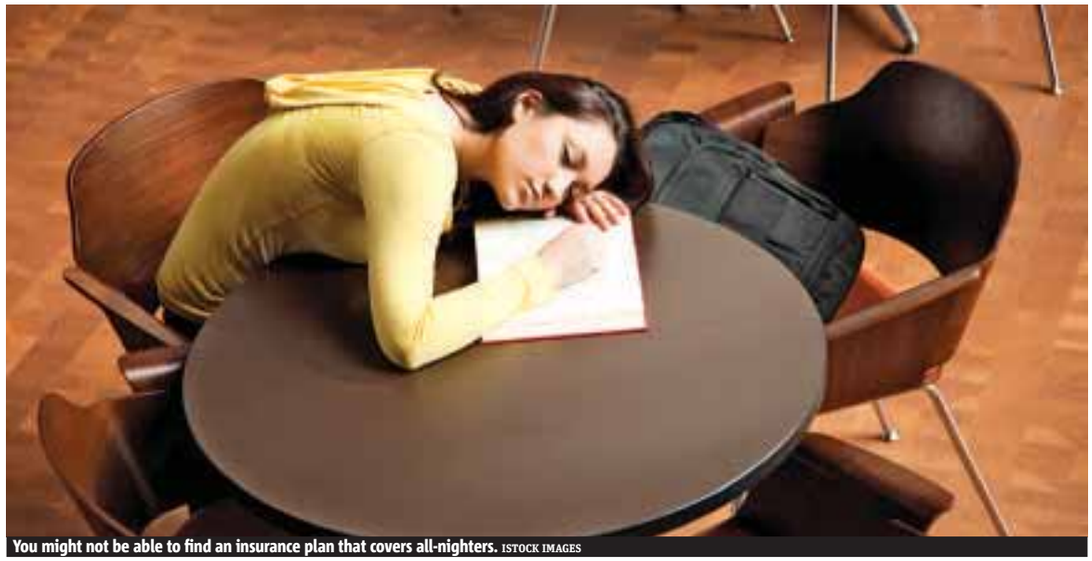

You might not be able to find an insurance plan that covers all-nighters. ISTOCK IMAGES

No sooner had my youngest daughter headed off to university than some wretch stole her backpack. Gone was a cellphone, keys to her dorm room and an expensive hearing aid.

Fortunately, because she was in residence, our policy covered everything after a $500 deductible.

Insurance isn't something that's on most back-to-school lists, but it should be. Theft, especially of expensive electronic devices, is common on campuses. In April, for example, Simon Fraser University in Burnaby, B.C., issued a warning that campus thefts had doubled over the previous year.

It's important to know if the household policy covers loss, damage or theft of the student's possessions and to what degree. For example, a student renting an apartment or room may need a separate tenant package whereas personal belongings in a residence could be covered.

In other cases, parents might need to pay a bit extra to extend coverage up to a certain limit as long as the student is living away from home.

Before sending an offspring to post secondary studies with a vehicle, shop around for insurance. "Some companies price occasional drivers much better than others," notes Anne Marie Thomas of InsuranceHotline.com.

And if a student is listed as a driver but won't be taking a car with them, Thomas suggests the parents ask the insurance company about a discount, "because the exposure to risk has been reduced since the student won't be driving as often."

Students should also be aware that insurance goes with the vehicle. If they lend the car and there is an accident, generally speaking the car owner's insurance, not the driver's, will take care of the claim.

Make sure kids fully understand their responsibilities, especially if drugs or alcohol are involved in a crash.

Or simply forbid them from lending (unless they need a designated driver) and pray they pay attention.

Thomas urges parents not to forget about liability.

"If the child is sued while in a dorm or a shared apartment, don't make the assumption that the parent's liability will be extended."

Everyone hates paying for insurance — until it's needed.

Make sure students are covered to eliminate at least one parental worry.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

There is less "mental bandwidth" leftover for people pre-occupied with poverty. ISTOCK IMAGES

Poverty lowers your brain power, new study shows

Dealing with poverty takes up so much mental energy that the poor have less brain power for making decisions and taking steps to overcome their financial difficulties, a study suggests.

The research, published Thursday in the journal Science, concludes that a person's cognitive abilities can be diminished by such nagging concerns as hanging on to a place to live and having enough money to feed their families.

As a result, there is less "mental bandwidth" left over for education, training, time-management and other steps that could help break the cycle of poverty, the researchers contend.

"Previous accounts of poverty have blamed the poor for their personal failings, or an environment that is not conducive to success," said Jiaying Zhao of the University of British Columbia, who led the study, conducted while she was a graduate student at Princeton University.

"We're arguing that being poor can impair cognitive functioning, which hinders individuals' ability to make good decisions and can cause further poverty," she said.

On average, a person preoccupied with money problems showed a reduction in cognitive function equivalent to a 13-point drop in IQ or the loss of a night's sleep.

THE CANADIAN PRESS

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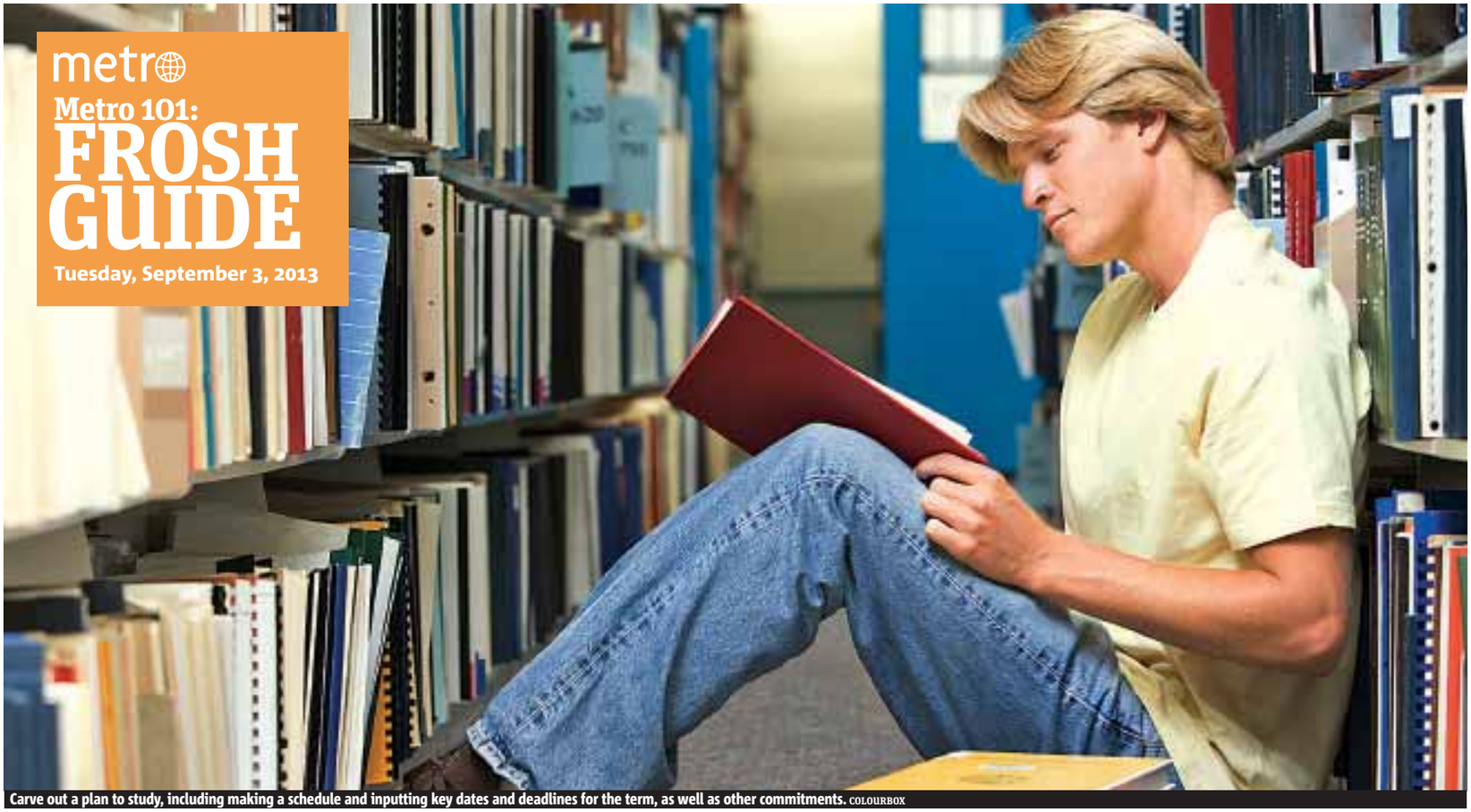
metro
Metro 101:
FROSH GUIDE
Tuesday, September 3, 2013



Carve out a plan to study, including making a schedule and inputting key dates and deadlines for the term, as well as other commitments. COLOURBOX

Brush up on the ABCs of studying

RICHARD WOODBURY
For Metro

While it might be tempting and seemingly practical, cramming before a big test or exam is not the ideal way to study in university.

"You can't do it all at once," said Catherine Davis-Herbert, the director of student life at MacEwan University in Edmonton.

Studying on a regular basis is the key to success.

"Consistent studying is not about studying two days before your exam … Studying starts on the first day of classes," said Jessica Chubb, the co-ordinator of the studying for success program at Dalhousie University in Halifax.

For students to be successful, they should carve out a plan. As a starting point, students should make schedule and input the key dates and deadlines for the term, as well as their other commitments. This will help give them a good idea of the time available for studying.

The time blocked off for study should correspond with the time of day at which the student is most productive. As well, by setting realistic study goals, it will make them easier to adhere to.

Students are also going to want to find a number of ideal study environments from where they can work since sometimes these spaces may be unavailable or crowded.

When studying, just reading and rereading the text won't be sufficient.

"The trick is getting engaged," Davis-Herbert said.

For this engagement to occur, students are going to have to do something with the information they are reading and apply it. This may include taking notes and trying practise problems from textbooks. Students can even create their own practice problems. Another option is for students to explain what they are learning to other people (or creatures).

"One student told me she explained what she was learning to her dog," Davis-Herbert said.

Brain food

- Pay attention to what you are consuming while studying. Eating fresh fruit and vegetables will "give you reserves of energy and increase your ability to concentrate," says a posting on Brock University's website. As well, "stay away from energy drinks with lots of caffeine as they can inhibit your ability to think clearly."

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Seek out graduates if you are looking for advice about post-secondary schooling. COLOURBOX

Hindsight. If I only knew then what I know now

RICHARD WOODBURY
For Metro

While most people look back on their university days with fondness, people also think about some of the things they would do differently.

"The one thing I would say I wish I would have done in my first year is speak to my professors more often than I did," said Larissa Tkachuk, a Saskatoon native who is entering her final year of studies at the University of Saskatchewan.

She feels this would have helped improve her grades and make the transition to university easier.

Mackenzie Cook, a Sault Ste. Marie, Ont., native who just received his undergraduate degree in electrical engineering from Carleton University in Ottawa, thinks he should have been a little more social during his first year at university.

"I kind of wish I got out more," he said.

As a result, Cook feels he missed out on some social experiences. While his grades were solid, looking back, he feels he did have the time to get more involved in campus life.

One way of accomplishing this is to join a society.

Nadia Hachem, a University of Windsor staff member who also has two recent degrees from the university, thinks it's important that students keep an open mind about what they study and not feel committed to sticking to a particular course of study.

"Focus on what you enjoy learning," she said. "It's OK to change your mind and go to a different major."

This can be a challenge because many students can face pressure from parents or teachers to stick with a certain course of study.

Hachem originally studied biology during her undergraduate degree, but switched to psychology.

It's also important that students reach out to prospective employers and industry contacts long before they graduate, said James Brown, a graduate of Capilano (B.C.) University's motion picture production program.

"You can guarantee a higher standard of success for yourself if you are making those connections earlier on while you are in school," he said.

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Basics of budgeting

Finances. Simplifying your cellphone plan is one way of cutting back on your expenses

RICHARD WOODBURY
For Metro

Possible ways to cut back on expenses while at school include simplifying cellphone plans. SYDA PRODUCTIONS/COLOURBOX

When it comes to budgeting, there isn't one way to do it. Whether it's traditional pen and paper, using an app, spreadsheet or simply putting money in an envelope, students will have to experiment with what works for them.

"It's really more of an individual thing, trial and error," said Michelle Fougere, the manager of financial aid and awards at Saint Mary's University in Halifax.

The traditional line of thought for a budget involves defining needs and wants and tallying up these costs. Needs are the necessities of life, such as food, shelter, clothing and, in the case of students, tuition. Wants are the non-necessities, such as eating out at restaurants or going to movies.

Another budgeting theory holds that it is also important to define values and determine a budget based on what people value.

"For some people, some things are more important," Fougere said.

As a result, while buying coffee from a coffee shop everyday might seem like a want, to some, it's more like a need.

For students who need a helping hand with their finances, most universities offer free budget counselling services.

If students are sensing they are having trouble managing their finances, it's important they talk to somebody sooner rather than later.

Additional expenses students will likely have to account for in their budget include their cellphone bill, cable and Internet service, as well as textbooks.

Should a student need to cut back on their expenses, they should look to their "wants." Possible options include simplifying their cellphone/cable/Internet plans.

Purchasing used textbooks is another option. Ninety per cent of the time, an older edition textbook will still do the trick, said Raphael Jacob, the president of the University of Calgary Students' Union.

"There's rarely any new substantive content (with newer editions)," he said.

Using public transit rather than driving is another way students can save money. This is especially true given many universities have mandatory U-Passes, which provide a public transportation pass for a small fee during the academic year.

"You save so much money by using public transportation," Jacob said.

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MLB

Jays rattle D-Backs for desert delight

Esmil Rogers pitched 6 1/3 innings of one-hit ball to lead the Toronto Blue Jays to a 4-1 win against the Arizona Diamondbacks on Monday.

Rogers (4-7) struck out five and walked one in one of his best starts of the season. It was his first victory since June 18 against Colorado.

Edwin Encarnacion hit a two-run shot in the ninth for the Blue Jays. It was his 35th on the season.

Arizona starter Brandon McCarthy (3-9) pitched a five-hitter for his second complete game of the season.

Rogers and McCarthy locked up in an unlikely pitchers' duel. Both entered with a 5.03 ERA and three victories apiece.

Toronto jumped on McCarthy for two runs in the second, with the bottom of the lineup doing the damage. Kevin Pillar singled in Moses Sierra with two out and No. 8 hitter Anthony Gose followed with a triple off the wall in centre field. THE ASSOCIATED PRESS

Fister fancy for felines at unfriendly Fenway

MLB. Cabrera-less Tigers win battle of the AL's best teams

Detroit Tigers manager Jim Leyland had a theory about why Doug Fister looked completely different after a shaky start.

Fister walked three and plunked a hitter in the first seven batters he faced, but settled down to throw seven shutout innings as the Tigers beat the Boston Red Sox 3-0 in Boston on Monday in a matchup of teams with the AL's best records.

"Early on, I think he was being careful like a 1,000 pitchers have done before him," Leyland said. "It's hard to convince him that you have to be aggressive in this ballpark because if you don't you'll get burnt. I don't have any idea if that's accurate, but that's what it seemed like to me."

Fister (12-7) rebounded from a miserable start in his previous outing, holding Boston to four hits while walking four and striking out four. In his last start, he gave up 13 hits and seven runs in a loss to Oakland.

"Keeping the ball down, throwing pitches that I needed to induce the double plays," the right-hander said was the difference.

The Tigers won despite missing Miguel Cabrera for the third straight game. He has been sidelined by a strained abdomen, though general manager Dave Dombrowski said the Triple Crown winner has been more hampered by a groin problem.

Asked if he thought he'd play on Tuesday, the slugger smiled and said, "I hope so."

Prince Fielder and Andy Dirks each drove in a run for the AL Central-leading Tigers, who won for the fourth time in five games.

The AL East-leading Red Sox lost for just the second time in nine games. THE ASSOCIATED PRESS

Starting pitcher Doug Fister tossed seven shutout innings in the Tigers' 3-0 win over the Red Sox on Tuesday in Boston. DARREN MCCOLLESTER/GETTY IMAGES

Mitchell Marner
COURTESY SARAH RICKETTS

Knights rookie 'pumped up' by fighting, crowd

Mitchell Marner was listed at 5-foot-7 1/2 and 130 pounds when the London Knights drafted him from the Don Mills Flyers midget hockey team in April.

And now, mysteriously, he has sprouted up to five-foot-10 and 147 pounds in the Knights' pre-season roster sheet.

But any way you look at it, the Knights' first draft pick, who just turned 16 years old in May, is not a large guy.

So it did seem a tad strange when he said it was the fights that "pumped" him up and helped him score his first two OHL goals Friday — leading the Knights to a 5-1 win over the Sarnia Sting at Budweiser Gardens. London beat Sarnia 5-2 on the road Saturday, marking back-to-back victories in the first weekend of exhibition play.

"Got me completely fired up. So pumped up. That's what got me going the most," Marner said after Friday's game. "Just got my adrenaline pumping. Everything about it got me going."

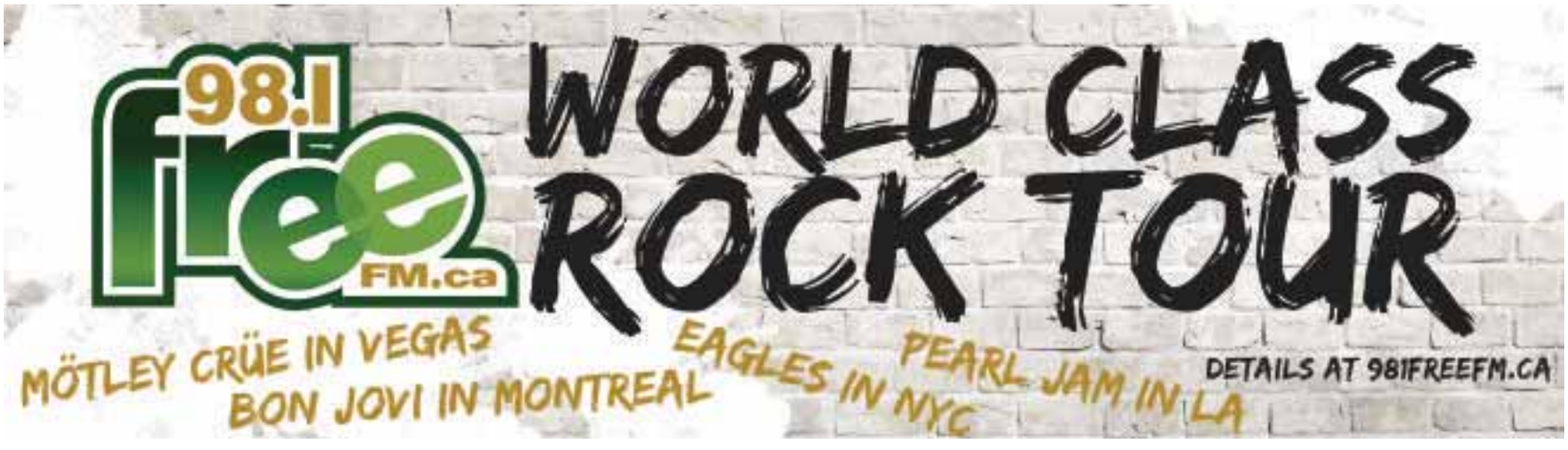
As for the rest of the game, he enjoyed every minute.

"After that first goal and hearing all the fans cheering, then I hoped that I could … hear them cheer, too," Marner said. "Great to get out there and get some positive feedback." DAVE LANGFORD/METRO

Knights watch

- The London Knights' next exhibition game is Sept. 13 at home against Plymouth. They face the Whalers on the road Sept. 14.
- The team's season opener is Sept. 20 at home against Plymouth.

4 SPORTS



Hesjedal lightens up for Alberta race

Cycling. With race in homeland, Canadian rider looks to shed trappings of success

Ryder Hesjedal GETTY IMAGES

His teammates call him Weight of a Nation, but Ryder Hesjedal has figured out the best way to carry it is to pretend that you're not.

"I'm just hoping to have a good race and be part of it in a good way," he said in a recent interview from his hometown of Victoria before heading to the Tour of Alberta, Canada's first top-level bicycle stage race.

He got the nickname during the 2012 Giro d'Italia, one of the world's three Grand Tour races. Hesjedal won that 21-day grind through Italy's mountains, valleys and coastlines to become the first Canadian to win a major European tour event.

But ever since, the spokes on the wheel have come a little loose.

He has helped teammates win some of Europe's biggest one-day events and put in some impressive personal showings, but crashes, ill-timed flu bugs and tough courses have kept him off the podium at the Olympics and this year's Giro and Tour de France.

Maybe the burden was a little heavy, he concedes.

"When I look back, it was just too much — the whole stretch of the setbacks and trying continually to come back to top form. I think I paid for that in the Tour. I just didn't get to that level in the Tour de France," he said.

Hesjedal said the inaugural Tour of Alberta — a six-day, 900-kilometre race through prairies, badlands, river valleys and foothills, starting in Edmonton Tuesday and ending in Calgary — is building on an emerging pro cycling scene in North America. But as Canada's biggest cycling star, he's not worried about being dragged down by the weight of racing in his home country.

"I'm more looking to enjoy racing here in Canada, being home and enjoying the inaugural event and not really fixate on performing. I'm just hoping to have good legs," Hesjedal said. THE CANADIAN PRESS

Boxing

Troubled former heavyweight champ Morrison dead at 44

Tommy Morrison THE ASSOCIATED PRESS

Tommy Morrison, the former heavyweight champion who stood toe-to-toe with Lennox Lewis and George Foreman and later tested positive for HIV, died Monday. He was 44.

Morrison died Sunday night at a Nebraska hospital, said Tony Holden, his promoter and close friend. The family would not disclose the cause of death.

In 1993, Morrison beat Foreman to win the WBO heavyweight title. THE ASSOCIATED PRESS

Labour Day endurance

64-year-old swims Straits of Florida sans shark cage

Looking dazed and sunburned, U.S. endurance swimmer Diana Nyad walked ashore Monday, becoming the first person to swim from Cuba to Florida without the help of a shark cage. THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	82	57	.590	—
Tampa Bay	75	60	.556	5
Baltimore	73	63	.537	7½
New York	73	64	.533	8
Toronto	63	75	.457	18½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	81	57	.587	—
Cleveland	72	65	.526	8½
Kansas City	71	66	.518	9½
Minnesota	60	76	.441	20
Chicago	56	80	.412	24

WEST DIVISION

	W	L	Pct	GB
Oakland	79	58	.577	—
Texas	79	58	.577	—
Los Angeles	63	72	.467	15
Seattle	62	75	.453	17
Houston	45	92	.328	34

Monday's results
N.Y. Yankees 9 Chicago White Sox 1
Detroit 3 Boston 0
Minnesota 10 Houston 6
Kansas City 3 Seattle 1
Baltimore 7 Cleveland 2
Oakland 4 Texas 2
Tampa Bay at L.A. Angels
Sunday's results
Baltimore 7 N.Y. Yankees 3
Kansas City 5 Toronto 0
Cleveland 4 Detroit 0
Boston 7 Chicago White Sox 6
Houston 2 Seattle 0
Minnesota 4 Texas 2
Oakland 5 Tampa Bay 1
Tuesday's games — All times Eastern
Chicago White Sox (Sale 10-12) at N.Y. Yankees (Kuroda 11-10), 7:05 p.m.
Baltimore (Tillman 15-4) at Cleveland (Jimenez 9-9), 7:05 p.m.
Detroit (Scherzer 19-1) at Boston (Lester 12-8), 7:10 p.m.
Minnesota (Hernandez 3-1) at Houston (Cosart 1-1), 8:10 p.m.
Seattle (Ramirez 5-1) at Kansas City (Chen 6-2), 8:10 p.m.
Tampa Bay (Moore 14-3) at L.A. Angels (Vargas 8-5), 10:05 p.m.
Texas (Perez 8-3) at Oakland (Colon 14-5), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	84	53	.613	—
Washington	69	67	.507	14½
New York	62	74	.456	21½
Philadelphia	62	75	.453	22
Miami	51	85	.375	32½

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	80	57	.584	—
St. Louis	79	58	.577	1
Cincinnati	77	61	.558	3½
Milwaukee	59	78	.431	21
Chicago	58	79	.423	22

WEST DIVISION

	W	L	Pct	GB
Los Angeles	82	55	.599	—
Arizona	69	67	.507	12½
Colorado	65	74	.468	18
San Diego	61	76	.445	21
San Francisco	61	76	.445	21

Monday's results
Cincinnati 7 St. Louis 2
Atlanta 13 N.Y. Mets 5
Pittsburgh 5 Milwaukee 2
Miami 4 Chicago Cubs 3
San Diego 4 San Francisco 1
Toronto 4 Arizona 1
L.A. Dodgers 10 Colorado 8
Washington at Philadelphia
Sunday's results
St. Louis 7 Pittsburgh 2
L.A. Angels 5 Milwaukee 3
Chicago Cubs 7 Philadelphia 1
Colorado 7 Cincinnati 4
L.A. Dodgers 2 San Diego 1
San Francisco 8 Arizona 2
Miami 7 Atlanta 0
Washington 6 N.Y. Mets 5
Tuesday's games — All times Eastern
Washington (Gonzalez 8-6) at Philadelphia (Martin 2-3), 7:05 p.m.
St. Louis (Wacha 2-0) at Cincinnati (Bailey 9-10), 7:10 p.m.
N.Y. Mets (Torres 3-2) at Atlanta (Medlen 11-12), 7:10 p.m.
Miami (Koehler 3-9) at Chicago Cubs (Jackson 7-14), 8:05 p.m.
Pittsburgh (Cole 6-7) at Milwaukee (Gallardo 10-9), 8:10 p.m.
L.A. Dodgers (Nolasco 11-9) at Colorado (Chacin 13-7), 8:40 p.m.
Toronto (Redmond 2-2) at Arizona (Miley 9-9), 9:40 p.m.
San Francisco (Bumgarner 11-9) at San Diego (Erlin 2-2), 10:10 p.m.

CFL

EAST

	GP	W	L	T	PF	PA	Pt
Toronto	8	5	3	0	244	209	10
Hamilton	9	4	5	0	229	248	8
Montreal	8	3	5	0	195	239	6
Winnipeg	9	1	8	0	192	295	2

WEST

	GP	W	L	T	PF	PA	Pt
Saskatchewan	9	8	1	0	312	202	16
Calgary	9	7	2	0	298	234	14
B.C.	9	6	3	0	236	229	12
Edmonton	9	1	8	0	222	272	2

Monday's result
Calgary 37 Edmonton 34
Sunday's result
Saskatchewan 48 Winnipeg 25
Tuesday's games
All Times Eastern
Montreal at Toronto, 7:30 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
Montreal	12	7	6	41	35	42
New York	12	9	6	40	35	42
Kansas City	12	9	6	38	27	42
Philadelphia	10	8	9	37	37	39
New England	10	9	7	35	25	37
Houston	10	8	7	30	29	37
Chicago	10	10	5	31	35	35
Columbus	8	13	5	29	35	29
Toronto FC	4	12	10	23	35	22
D.C.	3	18	5	16	43	14

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Real Salt Lake	14	8	6	52	35	48
Los Angeles	13	9	4	43	32	43
Seattle	12	8	4	32	26	40
Colorado	10	8	9	34	29	39
Portland	9	5	12	39	30	39
Vancouver	10	9	7	38	35	37
FC Dallas	9	7	10	36	38	37
San Jose	9	11	7	28	40	34
Chivas USA	5	14	7	26	47	22

Sunday, September 1
Chicago 1 Houston 1
Vancouver 2 Chivas USA 2
Saturday's results
Montreal 0 Philadelphia 0
Kansas City 2 Colorado 1
Los Angeles 3 San Jose 0
New York 2 D.C. 1
Seattle 1 Columbus 0
Wednesday's games
Houston at Columbus, 7:30 p.m.
Chivas at Seattle, 10 p.m.

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Horoscopes

♈ Aries
March 21 - April 20
Don't feel unworthy if you receive something you did not expect. It has come your way so you deserve it, even if you don't know why. The planets respond to good and bad deeds.

♉ Taurus
April 21 - May 21
Something you have to do may be boring but stick with it because you will soon be doing something more interesting. What you don't need is that nagging feeling that there are jobs that still need doing.

♊ Gemini
May 22 - June 21
Given enough time most situations resolve themselves, so don't get worked up about something that is really of only minor importance. If someone has hurt you, remember this: living well is the best revenge.

♋ Cancer
June 22 - July 23
You seem to have forgotten what it is like to make decisions for yourself but that will change over the next few days. You must take the initiative. Your success depends on it.

♌ Leo
July 24 - Aug. 23
You may not want to listen to someone who seems to just moan about how unfair life is but this time it seems they have something worth complaining about. Help them.

♍ Virgo
Aug. 24 - Sept. 23
It is essential that you adopt a positive attitude. The approaching new moon in your sign will bring new opportunities your way but to take advantage, your mind must not be stuck in reverse.

♎ Libra
Sept. 24 - Oct. 23
It may seem as if you are moving in the opposite direction as everyone else but that does not matter. The fact that you are moving at all is what counts. Others will admire your vitality.

♏ Scorpio
Oct. 24 - Nov. 22
There seem to be a lot of rumours flying around. Should you take them seriously? With Neptune strong in your chart, you can probably afford to ignore them altogether.

♐ Sagittarius
Nov. 23 - Dec. 21
Check your facts today then check them a second because it will be easy to overlook small but vital details. Don't be lazy or complacent. You cannot afford to take anything for granted.

♑ Capricorn
Dec. 22 - Jan. 20
You will be on the move quite a bit over the next two or three days but don't forget that your energy is limited. Do only those things, and go to only those places, that bring you closer to your long-term goals.

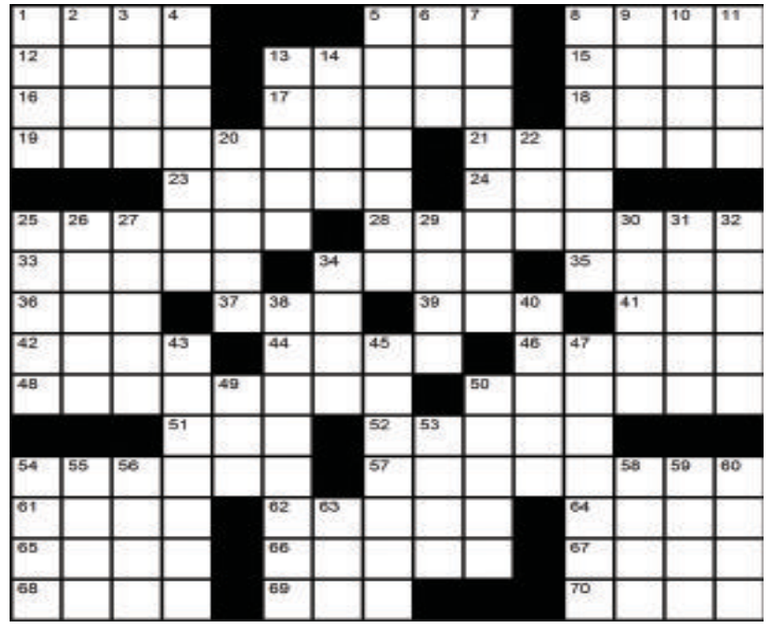
♒ Aquarius
Jan. 21 - Feb. 19
It may be true that someone is trying to undermine your authority but is it important enough to get annoyed about? Probably not. A few short days from now, your current worries will seem like a lifetime away.

♓ Pisces
Feb. 20 - March 20
It appears you feel guilty about something should have done, but did not; or something you did but should have avoided. Focus on more important issues. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



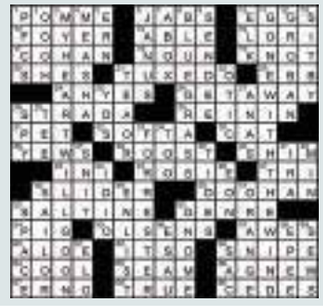
Across

1. __ to School
5. From A __ __ (Step-by-step)
8. Poker token
12. Wings: Latin
13. __ diving
15. __-call (Automated phone message)
16. Fall mo.
17. Trompe _'__ (Visual illusion)
18. Fashion designer Mr. Saint Laurent
19. Instructors
21. Canadian glue company since 1876
23. Shaped with an axe
24. Soak flax
25. Some Internet ads
28. "The Beachcombers" main character, Nick __
33. Spew fire
34. Newbie, variantly
35. Vampire's vestment
36. Geog. coordinate
37. Expert
39. Lettered band of "Unbelievable" fame
41. Tree in Hawaii
42. Beyonce's "Cadillac Records" role
44. Hawk's lofty nest [var. sp.]
46. Whitney Houston song: "Greatest Love __ __"
48. __ set (Compass, ruler, triangle, etc. kit)
50. Canadian notebooks brand
51. Work of what?
52. Jagged
54. 3-ring __
57. Great states of joy
61. Early Ron Howard TV role
62. "Steady __ __ goes!"
64. "The Flintstones in __ Rock Vegas" (2000)
65. Singer Erykah
66. Ominously comes into view
67. Superb spot
68. John Keats specialties
69. Mr. Chaney of movies
70. "You __ Me" by Sam Cooke

Down

1. Rope fibre
2. Away from the wind, at sea
3. Bullfighter's cloak
4. Potato chips flavour
5. Labour Day follower
6. Stylish sash
7. Quickstep-doing place
8. British style of crossword
9. Jay Z hit tune from 2001: "Izzo (_.-._.-.)"
10. "_ __ of you, don't say goodbye..." - Neil Sedaka
11. Put forward, as an idea
13. Bunches
14. Centre
20. Prefix meaning 'Seven'
22. Poetic nightfall
25. Ship co-owner in Moby-Dick, Captain __
26. Give a stately speech
27. __ __ work (Get labouring)
29. Squirrel's nest
30. Capital of Senegal
31. Olympian, __ Anton Ohno
32. Mattress manufacturer
34. Golfer, when at the golf peg, say
38. Britain-born Canadian actress Kim
40. Impose upon
43. Milos Forman won the 'Best Director' Oscar for what 1984 film?
45. University in Toronto
47. Rivers: French
49. Poetically before
50. Wishes
53. Mr. Emanuel (Mayor of Chicago)
54. Peter Sellers comedy, "The __" (1967)
55. Big name in tablets
56. Brood of pheasants
58. BTO song: "Let It __"
59. Level
60. Belinda Carlisle hit: "Circle in the __"
63. The __ (Sault Ste. Marie's nickname)

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

2	8	4	1	9	6	3	5	7
3	1	5	8	7	4	9	2	6
6	7	9	2	5	3	4	8	1
8	2	6	3	1	7	5	9	4
1	9	3	5	4	8	6	7	2
4	5	7	9	6	2	8	1	3
7	4	1	6	8	9	2	3	5
9	6	2	7	3	5	1	4	8
5	3	8	4	2	1	7	6	9

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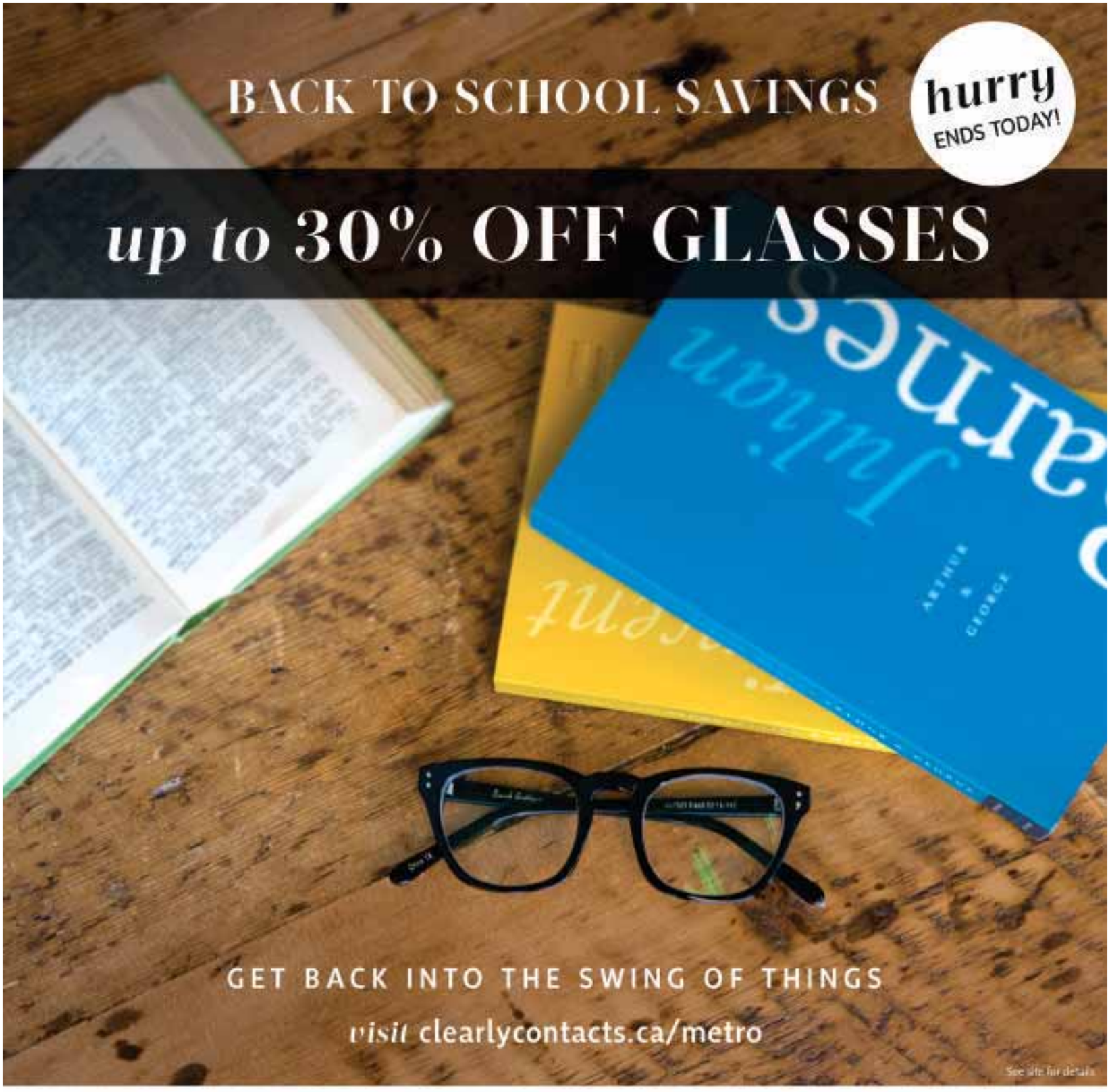

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